

### **Amendments to the Specification**

Kindly replace Paragraph 24 with the following paragraph:

In an exemplary embodiment the strip 110 further includes a pocket 205 between the inner and outer surface 120, 130 having an opening 190 along the edge 160 of strip 110, as can be seen in Figure 2. The pocket 205 is adapted to hold a small soft semi-firm insert 210, such as a folded washcloth, a multi-layered terry-cloth form, a foam or other soft molded form, or other similar object adapted to space the ankles slightly, to provide support, and to provide a grip for the caregiver.